

## FIT CITY MONTHLY CHALLENGE-SEPTEMBER

Do the math—Is your child *at risk* of being overweight?

The U.S. government now recognizes obesity as a disease. Children in America are becoming overweight at an alarming rate. The problem is worse among children of Hispanic and Black ethnicity. The result is an increase in heart disease and diabetes when overweight children become obese adults. Overweight children also suffer psychological abuse in school. Obesity is much easier to treat at an early stage. If your child is becoming overweight, the sooner you help them, the better chance you have of insuring a healthy future for your child.

The formula below can be used to determine if your child is *at risk* of being overweight. After following the three simple steps, compare your answer to the number found in the chart for either a girl or a boy. An answer greater than the number found in the chart indicates that your child is *at risk* of being overweight. Do the math to determine your child's risk factor and then test yourself. The same formula can be applied to adults, simply use the 17+ column on the chart to determine your own *at risk* status.

Find out how tall your child is in inches and how much they weigh in pounds. Fill in the blanks and do the math.

My child weighs \_\_\_\_\_ pounds. My child is \_\_\_\_\_ inches tall.

**Weight in pounds** \_\_\_\_\_ **X 703 = Answer A** \_\_\_\_\_

(example, if your child weighs 100 pounds,  $100 \times 703 = 70300$ )

**Height in inches** \_\_\_\_\_ **X Height in inches** \_\_\_\_\_ = **Answer B** \_\_\_\_\_

(example, if your child is 5 feet tall, 60 inches  $\times$  60 inches = 3600)

**Answer A divided by Answer B = Answer C** \_\_\_\_\_.

(example  $70300 / 3600 = 19.5$ ) = answer C

**An answer C greater than this number indicates your girl is *at risk* of being overweight**

5yrs	6yrs	7yrs	8yrs	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16yrs	17+Yrs
17	17	18	18	19	20	21	22	23	23	24	25	25

**An answer C greater than this number indicates your boy is *at risk* of being overweight**

5yrs	6yrs	7yrs	8yrs	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16yrs	17+Yrs
17	17	17	18	19	19	20	21	22	23	24	24	25

Check the chart. If you don't think your child is in the acceptable range, here are some suggestions. Ask your child to:

1. Drink less high sugar drinks.
2. Eat more food low in fat.
3. Eat more fruits and vegetables.
4. Minimize their sedentary activities at home such as video games and television.
5. Find more outdoor recreational activities (at least 30 minutes of activity on most days of the week).